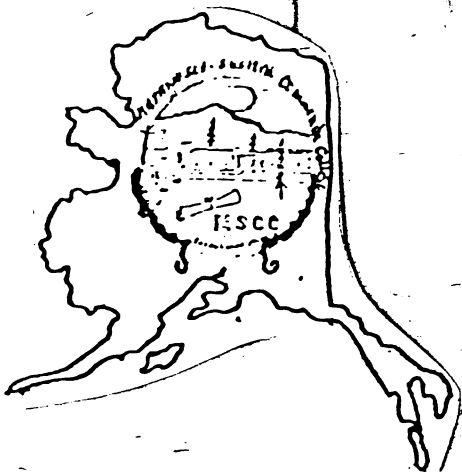




MSCC

**Monitor**

*M. A. Gith.*



# EDITORIAL

by Woody

## "I AM AN ADDICT"

YES ! I am an addict. I was born into this world a non-addicted human being; needing only the nourishments of life - food, light and love. Those needs were supplied in abundance but as I grew older my needs became more varied and more worldly. Even before I finished high school I wanted to shout to the world, "I've tried everything you have to offer so now I will be your leader." HA!

It didn't take me very long to realize that when you travel with the crowd - you go nowhere except where the crowd goes. You are no more than just one of the crowd.

I was scared to wake up in the mornings, I felt lousy. I was unable to run for the bus or climb the stairs without becoming winded. I gained weight and I trusted no one.

The costs to support my habit increased tremendously - more than 600% since my high school days. The extra costs for medical treatment and prescriptions, higher health insurance and additional dental care is phenomenal. Even greater is the cost of personal belongings and articles damaged or destroyed by me in my addiction.

My heart beats ten thousand (10,000) times more each day than does my non-addictive friends. My life is shortened by at least an hour (1 hour) each day and more than five years is chopped from my life's expectancy.

I have denied myself that better quality of life through loss of blood circulation; reduced thinking capacity (23% less than my non-addicted friends); impaired senses of sight, taste and smell; loss of vitality; increased nervousness and tension; shortness of breath and chronic fatigue. There are the emotional costs of guilt, humiliation and inconveniences, a 50% loss of my freedom of mobility. Also, there is the embarrassment and offensiveness caused by my breath, body odor, sweat and the stench that permeates my surroundings. My self-esteem, my dreams have died. My risk of death through disease - cancer and heart trouble are much greater than yours.

I am an addict. I smoke a pack of cigarettes every day.

# PAR-CI, PAR-LA • SUCECOS WHAT'S HAPPENING

## STUDENT GOVERNMENT NEWS

By students, for students  
of Mat-Su Community  
College



Hello!

The next art exhibit in the library will be a show by Hugh McPeck, a former art instructor at MSCC. The exhibit will open on March 6, from 5 to 7 p.m., and will be on display until the end of the month. One of Hugh's works was selected for the 1981 All-Alaska Show and will be on display at the Anchorage Historical and Fine Arts Museum until March 8.

We now have a quiet study area in the library. It's located in the old ET lab and is available during library hours, 9 a.m. - 10 p.m., Monday through Friday. At some point in the (hopefully) not too distant future, we'll have carpet installed and set up a listening room in one of the offices. THANKS JUNE.....

NOTICE: ALL PEOPLE who expect to complete their degree requirements at the end of the Spring Semester(2 May '81) should see Woody Hayes as soon as possible if you want to get your degree. Commencement is scheduled for 8 May, 1981. Student Government members are planning to have a catered dinner on the night of dress rehearsal and we want to see you there!

Phyllis Kirkpatrick has been selected as Student Representative of the Community Colleges to the Statewide Planning Council. Congradulations! Phyllis and Rae Nelson, Student Government President, recently represented Mat-Su Community College at the Juneau meeting of the Alaska Student Services Association. We learned a good deal about our neighbors in the Community Colleges around the State. Bill Zyback, Chairman of the Association is planning to visit our campus on Tuesday, March 10. He will be meeting with Student Government members and with Administration.

Student Government elections will be held soon. We hope that interested students will participate not only in voting but in running for office. Please contact Rae Nelson at 745-4391 if you would like to run for office. Thank you.

I am once again requesting that interested parties contact Woody with regards to writing articles for the Mat-Su Monitor, or in assisting in its publication. We need your help.

The bulletin board has many interesting articles and notices to students. Due to requests made by students and faculty, a RIDE TO AND FROM sign up has been added for those needing rides to and from campus.

THAT'S ALL FOR NOW.....

Rae Nelson



## IN PROFILE

-Ted Berry, Jr.-

The students, staff and faculty of Mat-Su Community College would like to take this time to welcome Ted L. Berry, Jr. to our campus.

Ted is our Agriculture Coordinator whose duties at Mat-Su will include developing and coordination of all agriculture courses and programs. He will also be an instructor of various agriculture classes within the department.

Mr. Berry will be working closely with farmers in Production Agriculture, Businessmen in Agriculture related businesses as well as other educators in developing classes to prepare students for various careers in agriculture. His position will also include coordination of activities of part-time instructors, sharing information and organizing agricultural activities as appropriate throughout the State.

Many of the activities will center around recruitment of students to the agricultural program. Students will be recruited for short-term agriculture classes as well as credit courses related to the Associates Degree in Agriculture. The Associates Degree will also have an emphasis on farm and ranch management, horticulture and alternate energy.

Ted earned his B.S. and M.A. degrees from Michigan State University with major emphasis in Agriculture Education. He has had experience in teaching Vocational Agriculture and Farming and was owner/operator of a successful agriculture related business. He's also serving his first elected term as supervisor on the Wasilla Soil Conservation Sub district Board.

Anyone interested in taking agriculture classes is invited to call or stop by the front desk. Let us know what agricultural subjects would be of interest to you. Ted said, "If any interested person would call and give us their names and addresses, we will put them on a mailing list for agriculture classes being offered."

Thank you Ted and a very warm welcome to Mat-Su Community College! We all look forward to our new program in Agriculture especially since Spring is just around the corner.

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One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and if it were possible, to speak a few reasonable words.

--JOHANN WOLFGANG VON GOETHE

Matanuska-Susitna Community College and Cooperative Extension Service  
of the University of Alaska  
present an

AGRICULTURAL SYMPOSIUM

for the residents of the Matanuska-Susitna Valley

Place: Matanuska-Susitna Community College  
745-4255

Cost: \$2 registration fee per session

FRIDAY, MARCH 6, 1981

7:00 - 10:00 p.m.

GREENHOUSE AND COLD FRAMES - Wayne Vandre, Extension Horticulturist

How to take advantage of a greenhouse  
Construction and utilization of cold frames

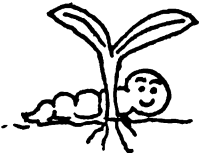


INSECT AND WEED CONTROL - David Bleicher, Entomology Research Technician

Major insect pests of Alaskan gardens  
Root maggots & cut worms: background information and control strategies

- Jerry Purser, Agriculture & Resource Mgmt. Agent

Weed control methods for Alaskan gardens



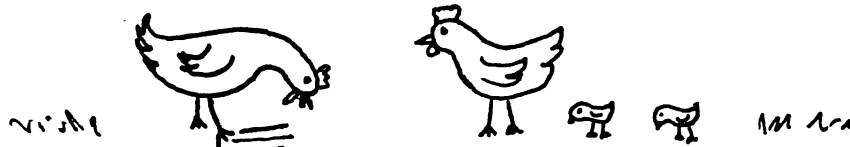
QUILTING - Marianne Hermon, Palmer Community School Quilting Instructor

Brief history of quilting  
Introduction to equipment needed for quilting  
Discussion of basic quilting techniques  
\*\*Class does not allow time for student projects\*\*



RAISING POULTRY - Judi Rivard, Wasilla Poultry Farmer

Raising chicks and turkeys  
General maintenance of a flock  
Brooding chickens, their housing needs and feed requirements



# Poetry In Motion

## SOUL CONVERSATION

Who am I? you ask innocently.  
Who am I! I cry.  
If you can't see who I am  
There is no point in me telling you.  
But are you soft? you ask.  
Soft like a pillow you can punch?  
Soft like feathers?  
You mean, do I have curves like  
A real woman?  
Does my hair shine in the sun  
And always smell like apples?  
Will I bake you bread with  
An apron tied around my waist,  
And nurse your crying babies?  
No! I scream.  
I am hard.  
Hard like a rock that hits the  
Thick ice of a winter's pond.  
Hard like a gnarled tree trunk  
You kick in anger as a child.  
Hard as the look on a  
Prostitute's face.  
I have grown hard to survive.

Then do you have any bad habits?  
You ask quietly.  
Yes! I reply.  
I long to know myself inside out.  
Skinside out.  
To feel my blood dripping through  
My fingers.  
To feel every cell in my body.  
Even the dead ones.  
I long to know myself better  
Than anyone has done before, or  
Ever will.  
Well, do you have any good habits?  
You inquire from a distance.  
Yes! I yell.  
I don't miss you when  
You're gone!

Maureen Curran

\*\*\*\*\*

## GIFT GIVING

I gave a gift  
and it was taken...  
with pleasure  
given and received...  
with joy  
shared...  
the memory of which  
cannot be cast aside...  
to know the meaning  
the true value...  
given unselfishly  
treasured...

Take good care  
protect it...  
it is one of a kind  
tho others may say...  
they have one too.  
your gift was unique...  
one more rare  
you won't find...  
because it was mine  
and I gave it to you...  
my gift of friendship  
forever...

Rae Nelson

\*\*\*\*\*

Don't laugh at youth for his affectation; he is only trying one face  
after another to find his own.

---Logan Pearsall Smith

# PAYING FOR COLLEGE

"STUDENTS LOSE MILLIONS BY NOT APPLYING FOR THEM"

A missing link exists in the U.S. between available college scholarships, grants and financial aid, and the people eligible to receive them.

"Money is going unclaimed, because people don't know where to find the funds, or they think they don't qualify," says the Director of the Student Assistance Council of America. Robert Freede, author of "Cash-for-College, states that "People believe the myth that all scholarships and grants are based only on a student's financial need...class standing...or test scores. It's not true!"

"More than \$100,000,000 of school aid has gone unclaimed and unused because it has not been matched up with the proper students. Students don't bother to apply because many parents don't believe their children qualify for financial aid," Freede says.

Millions of dollars in aid are available to people regardless of need or academic excellence. Total dollars available to students for college are some \$500,000,000. "Substantial amounts of money are hidden behind strange eligibility requirements, little-known trust funds, public and private grants," says Freede.

"Since you must apply to be considered, the trick is to find out about these funds. Matching scholarship sources to qualified individuals isn't a job for amateurs, as a computer is required. Even student counselors can't know more than a fraction of the over 250,000 available source items."

SCHOLARSHIP SEARCH, an arm of the Student Assistance Council, provides personalized research by computer that matches a student's eligibility factors to sources of funds for college which they are qualified to receive. The search guarantees to identify specific financial sources of potential funds for the subscribing student.

Who is likely to qualify for college funds? To help answer this question, the Student Assistance Council has developed a 60 second quiz for which one "yes" answer could qualify someone to apply for a number of financial aid sources.

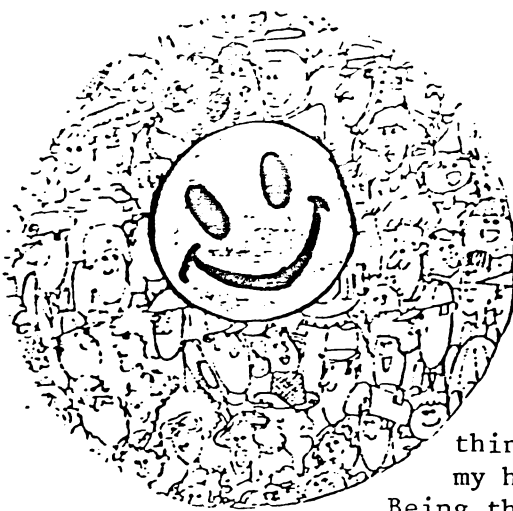
Ask yourself:

- Have you participated in extra-curricular activities in school...or outside of school?
- Have you decided on a particular career or occupation?  
(Many scholarships are based on the student's interest in a major course of study or future occupation.)
- Are you or your parents affiliated with any union, religious or fraternal organization, community or professional group?
- Were either of your parents in the Army, Navy, Air Force, Marines or Coast Guard?

The Student Assistance Council of America has developed a unique Student Profile Application Form, which provides the "keys" to finding multiple sources of financial aid.

You can get a copy of this form, plus a "how to" Scholarship Search Information Kit, by writing directly to the Council and enclosing \$1.00 to help pay for first class postage, handling, etc.

WRITE:                      STUDENT ASSISTANCE COUNCIL OF AMERICA  
Suite 628U, 1775 Broadway, New York, N.Y. 10019



### WHERE DOES HAPPINESS COME FROM?

Most of us believe in getting as much good out of life as we can but we really don't set out to look for happiness. I've heard tell that those that do, never really find it. If we do the best we can, where and when we can, we'll probably have a happy feeling in us. "Doing the best we can will eventually bring the best to us."

I recently heard this remark: "The best preacher is the heart."

By reflecting on this remark, I concluded that I do most of my thinking with my head but my best thinking comes when my heart impels my head. I wonder if life is so much a matter of logic as of love.

Being the romanticist that I am, I think that love has a way of purifying our hearts. When I look out my window and see the majestic beauty of Pioneer Peak, the Big Dipper, the snow covered trees or when I see the people I love and hear the sound of their laughter, my heart overflows with joy and my thoughts are of happiness. Where does happiness come from? It comes from within but only after I acknowledge all that is beautiful around me.

Rae Nelson



## TAKE NOTICE

The Financial Aid forms for the 1981-82 school year have arrived at MSCC. If you plan to apply for financial aid for the next school year, you should see Woody Hayes NOW!

ALL STUDENTS are reminded that they must fill out an official drop form by 1 April '81 if they are planning to drop any classes this semester.

The College Level Examination Program Tests (CLEP) will be given on the 16th and 17th of March at MSCC. The cost is \$20.00 per exam. Tests are available in SOCIAL SCIENCE, NATURAL SCIENCE, HUMANITIES and MATHEMATICS.

SEE WOODY IF YOU ARE INTERESTED.....

Rae Nelson and the Valley Women's Resource Center are in the process of organizing a SINGLE WOMEN'S GROUP for those who were never married, divorced or widowed. Our objectives are to increase awareness and to assist each other in leading successful, self-sufficient lives. IF YOU ARE INTERESTED, call Rae at 745-4391 or Suzanne 376-4080 for more information.

Any student who is interested in writing poetry, articles or short stories for the MSCC MONITOR, please contact Rae or Woody. We need your help.

THAT'S ALL FOLKS.....

